

Karl Sundqvist

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Karl Sundqvist is a Fellow of Oxford Leadership Academy, Sweden.

He is a management consultant with ten years of experience working with the development of groups, organisations and individuals, focusing on leadership and change. He has been a senior partner in a consultant business for seven years.

Karl has a long and successful sporting career. He was a member of the Swedish national kayak-team from 1981-1993. During this period he participated in three Olympics and 9 world championships. He was awarded 11 medals during this period as both an individual and part of a team.

After retiring as an athlete, he started to coach the Swedish national team ahead of the Olympics in Atlanta 1996. The women's team won in Atlanta and Karl was awarded "Sports coach of the year" in Sweden.

The key to success in sports is to deliver the capacity athletes build up during years of practice at the exact moment of truth. To be able to do this they have to know themselves and understand how they react to stress.

A perfect race is when an athlete's body takes charge and just knows what to do. This is flow, there is no hesitation, and the athlete is at the peak of his or her performance.

This flow situation can also be created in business and in business situations - there are a lot of similarities between working in sports and working with the development of people in business. In both fields, success comes from humans that act in a responsible way with a well developed connection to their inner strengths.

Karl works with executive groups as well with individuals. His working ambition is to be an inspiring tool in the process of building teams. He feels happy when individuals act securely and act with inner strength towards their higher intentions.

Karl's previous clients include major Swedish companies such as IKEA, Sandvik and Karolinska University Hospital. He has a degree in economics from the University of Stockholm.